

### (2) Natural disasters

#### ① Earthquakes

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##### A Earthquakes and tsunamis

Earthquakes frequently occur in Japan, and a tsunami may occur after there is an earthquake.

##### B Earthquake preparedness

Please be prepared.

- Secure all furniture to prevent it from falling over,
- Do not put anything heavy or fragile on top of furniture or shelves.
- Create an emergency kit that contains a few bottles of water, ready-to-eat food, and other items that are absolutely necessary in your daily life and may be useful in the event of a disaster.
- Review the “Disaster prevention guide for emergencies” leaflet created by Izumisano city to learn how and to where you should evacuate in the event of a disaster.

##### C What to do when an earthquake hits

###### If you are at home or in a building

- Hide under a desk. Use or cushion or something to protect your head.
- If you are in the middle of doing something like cooking, stay calm and turn the gas off after the shaking has subsided.
- Open a door that leads to the outside to secure a way out as you may not be able to open it later.

###### If you are in an elevator

- Push the buttons for all the floors and get off at the first floor it stops at.
- If the door does not open, keep pushing the “Emergency Call Button” and wait for a response.

###### If you are outside

- Stay away from walls and buildings as they may collapse or falling objects may hit you.
- Move to an open area where there are no buildings.

###### If you are driving

- To avoid accidents due to braking suddenly, slow down and stop on the left side of the road.

###### If you are on a train or bus

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- Hang on to a strap or bar tightly to prevent yourself from falling.
- After the train stops, do not attempt to get off the train on your own. Follow the instructions from the conductor or train crew.

### **D When the shaking has subsided after an earthquake**

#### **Fires are likely to occur after an earthquake.**

- Turn off any gas appliances you are using.
- Close the main gas valve.
- Shut off the circuit breaker.

#### **Aftershocks often occur following the main earthquake.**

- Stay calm and start to evacuate. Take only what is necessary with you such as your emergency kit.
- Be sure to put shoes on as there may be broken glass and debris in and around the building.
- Do not use elevators. Use stairs.

#### **A tsunami occurs after an earthquake.**

- If you are near the ocean or a river, immediately move to higher ground.
- Even if you are not near the ocean or a river, you should move to an evacuation shelter that is on higher ground after a big earthquake.
- Be sure to help your neighbors.

### ② Typhoons/Torrential rain

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#### A Typhoons and Torrential rain

In Japan, most typhoons hit between July and October and cause strong winds and heavy rain.

Torrential rain means heavy rain that is concentrated in a limited area.

<What happens when a typhoon or torrential rain hits>

- Landslides, flooding, and flooded homes due to heavy rain
- Injuries caused by flying objects
- Blackouts

#### B Before a typhoon or torrential rain approaches

- Bring anything that is on the balcony into the house.
- Check the weather news on the TV/radio frequently for the latest warnings and evacuation information.
- Check where the nearest evacuation shelter to your home is.
- Review the “Disaster prevention guide for emergencies” leaflet created by Izumisano city to learn how and to where you should evacuate in the event of a disaster.

#### C When a typhoon or torrential rain hits your area

- Stay away from windows as flying objects may break them.
- Stay away from the ocean and rivers.
- Do not go outside when a typhoon or torrential rain is approaching.
- Move to a safe building nearby if you are outside.
- Keep an emergency kit on hand and prepare to evacuate if necessary.